

TURMERIC LEMONGRASS SOUP

This hearty and comforting soup is not only delicious, It's also full of anti-inflammatory vegetables and spices to support the immune system.

ALLERGENS: Soy

RESTRICTIONS: Renal

PORTION SIZE: 12 fl oz



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Food Styling by Lauren Radei

**From the
God's Love Kitchen**

TOTAL SERVINGS:	750
TOTAL COST	\$414.04
COST PER SERVING	\$0.55

INGREDIENT	QUANTITY	UNIT OF MEASURE	COST PER UNIT	EXTENDED COST
Garlic, raw	10	lb	\$3.23	\$32.30
Ginger, raw	5	lb	\$1.36	\$6.80
90/10 Canola/ Olive Oil Blend	1.5	gal	\$6.98	\$10.47
Carrot, raw	100	lb	\$0.59	\$59.00
Onion, raw	40	lb	\$1.88	\$75.20
Turmeric, ground	1	lb	\$12.99	\$12.99
Tomato paste	2	lb	\$1.02	\$2.04
LS Vegetable base	6	lb	\$7.03	\$42.18
LS Soy sauce	1	lt	\$3.45	\$3.45
Lemongrass, puree	7	lb	\$6.93	\$48.51
Lentil, dry	50	lb	\$0.99	\$49.50
Tofu, silken	50	lb	\$1.26	\$63.00
Corn starch	10	lb	\$0.86	\$8.60

PROCEDURES

1. Pulse garlic and ginger in buffalo chopper until minced.
2. In 80 gallon kettle saute garlic and ginger with blended oil until it sizzles aggressively
3. Add carrot, onion, turmeric, and cook until browning starts and liquid starts to release.
4. Add tomato paste, mix, and cook for a few minutes
5. Add vegetable base, and mix until incorporated.
7. Add soy sauce, lemongrass puree, and fill kettle 3/4 way with water.
8. Bring to a boil, add lentils and stir.
9. Cook until everything is soft, and puree.
10. Add tofu and puree.
11. Thicken with corn starch as needed.
12. Puree first pots out of kettle to catch anything that fell into spigot.

Nutrition Facts

Serving Size 12.00 fluid ounce(s)
(380g)

Amount Per Serving			
Calories	270	Calories from Fat	86
% Daily Value			
Total Fat	9.6g	12 %	
Saturated Fat	0.6g	3 %	
Trans Fat	0.0g		
Cholesterol	0.0mg	0 %	
Sodium	227.3mg	10 %	
Total Carbohydrate	38.1g	14 %	
Dietary Fiber	6.7g	24 %	
Sugars	5.5g		
Protein	11.5g		
Vitamin A	220 %	Calcium	4 %
Vitamin C	6 %	Iron	8 %

